



Bone Healthy Mat Exercises & Options

Please make sure you watch/listen to the latest VNO on the recent Guidelines for Osteoporosis from June 2023.

Always be led by the medical advice from the individual's GP/team

Always see & work the individual in front of you. Explain the options available and allow them to choose.

This is a general list- always seek further advice from myself or from the Royal Osteoporosis Society. The options are for those with osteoporosis who are at higher risk of fracture and are based on the advice of the Royal Osteoporosis Society.

The issues arise when the range of motion is pushed too far, putting some load or strain on the spine adding uneven pressure to the spine, moving in an uncontrolled, uncomfortable way.

| Exercise | Guidance | Modifications | Options |
|----------|---|--|---------------------------------|
| 100 | If you have been doing this exercise regularly with ease, without pain or problems, have very strong back & abdominal exercises you may decide to continue. | Use a wedge or a support under the spine such as a mini ball. | Perform standing, high kneeling |
| Roll up | If you have been doing this exercise regularly with ease, without pain or problems, have very strong back & abdominal exercises you may decide to continue. | Reduce the range of motion and perform from seated towards the floor | Perform standing against a wall |

| | | | |
|---|---|---|---------------------------------|
| One leg circle | Perform as usual | | |
| Rolling back (All rolling exercises) | This exercise is not recommended | Balance challenge | |
| The Stomach Series | If you have been doing this exercise regularly with ease, without pain or problems, have very strong back & abdominal exercises you may decide to continue. | Use a wedge or a support under the spine such as a mini ball. | Perform standing against a wall |
| Spine Stretch, Saw | These exercises may need adapting as there can be a tendency to overflow the upper spine | Maintain space as you flex, keeping lifted. | Perform with a flat back |
| Spine Twist | Perform as usual | | |
| Shoulder bridge | Perform as usual | | |
| Side kicks | Perform as usual | | |
| Swan dive One leg kick Double leg kicks | Perform as usual | | |
| Push up-Roll down | Roll down- reduce the range of motion | Support yourself against the wall | Cat stretch |
| Swimming | Perform as usual | | |